
araq
Life Skills
Video Practice
Stand Out 5 Unit 5

Ask your students the following questions to introduce the topic of the video they will watch.



A **BEFORE** **Complete the tasks with a partner.**

1. Write a list of six types of addiction.

2. Rank the addictions from your list from *most serious* to least serious.

Silent Viewing: Show the video in segments without sound so students can guess at the story line.

WATCH THE VIDEO WITHOUT SOUND AND TRY TO GUESS THE STORY.



Second Viewing: Show the video again so students can check predictions.

WATCH THE VIDEO WITH SOUND AND TRY TO RETELL THE STORY.



Ask your students to watch the video and complete the activity. Replay the video if needed.



B **WHILE** **Watch the video and complete the parts of the conversation.**

Hector: Can I tell you something? I used to have an (1) _____ too.

Naomi: You? (2) _____?

Hector: I used to be addicted to junk food. I ate it (3) _____, even when I wasn't hungry.

Naomi: You mean—you had an eating (4) _____?

Check the correct answers with students.



B **WHILE** **Watch the video and complete the parts of the conversation.**

Hector: Can I tell you something? I used to have an (1) addiction too.

Naomi: You? (2) Addicted?

Hector: I used to be addicted to junk food. I ate it (3) constantly, even when I wasn't hungry.

Naomi: You mean—you had an eating (4) disorder?

Ask your students to watch the video and complete the activity. Replay the video if needed.



C **AFTER** **Choose the correct word to complete each sentence.**

1. People who buy more things than they can afford are **careful shoppers** / **shopaholics**.
2. When people do things they don't want to do, they may have an **addiction** / **addition**.
3. In **support** / **supporting** groups, people share their experiences.
4. A **counselor** / **council worker** can also offer help and support.

Check the correct answers with students.



C **AFTER** **Choose the correct word to complete each sentence.**

1. People who buy more things than they can afford are **careful shoppers** / **shopaholics**.
2. When people do things they don't want to do, they may have an **addiction** / **addition**.
3. In **support** / **supporting** groups, people share their experiences.
4. A **counselor** / **council worker** can also offer help and support.

Select students. Have partners take turns performing the task. Check and correct anywhere possible.



DISCUSS THE SOCIAL EFFECTS OF ADDICTION. HOW DOES AN ADDICTION AFFECT THE ADDICT AND THE PEOPLE AROUND HIM OR HER? TALK ABOUT PERSONAL EXPERIENCES YOU HAVE HAD WITH ADDICTS OR ADDICTION. MENTION DIFFERENT METHODS FOR TREATING ADDICTION, SUCH AS TWELVE-STEP GROUPS, SMART RECOVERY, AND COUNSELING OR THERAPY.

UNIT 5 I Think I Might Have A Problem

Hector: Hey Naomi. What are you doing? **Naomi:** Oh, nothing much. Just surfing the net. **Hector:** Are you doing research for a paper? **Naomi:** No. Nothing like that. I was just shopping for a pair of shoes. **Hector:** Shopping for shoes, again? Isn't that a pair of shoes in that bag? **Naomi:** I couldn't resist them. Aren't they great? I got this fantastic belt, too. I couldn't really afford it, but how could I say no? **Hector:** Naomi, you've been spending a lot of money lately. **Naomi:** I know, but I just can't stop myself. I'm a shopaholic. **Hector:** Are you joking, or are you being serious? **Naomi:** OK, I admit that I have a problem. I feel like I'm not in control. **Hector:** Maybe you are losing control. Do you spend money even when you don't want to? **Naomi:** Well, yeah. I do. **Hector:** Naomi, I hate to tell you this, but I think you might have an addiction to shopping. Really, I mean it. **Naomi:** I think you're right, Hector. I used to think I was just doing it for fun. But it isn't fun anymore. I spend all my money on things I don't need or even want. **Hector:** Can I tell you something? I used to have an addiction too. **Naomi:** You? Addicted? **Hector:** Yes, believe it or not, I used to be addicted to junk food. I ate it constantly, even when I wasn't hungry. At one point, I weighed over 250 pounds. **Naomi:** You mean, you had an eating disorder? **Hector:** You could say that. **Naomi:** What did you do about it? **Hector:** Well, I got help. I went to a counselor and I joined a support group. I kept track of my eating, and I started working out at the gym. Pretty soon, I was addicted to going to the gym! Now, I feel a lot better. **Naomi:** I want to get myself under control too, Hector. What should I do? **Hector:** All I can tell you is what worked for me. First, I made the decision to stop overeating, and then I got the help I needed. **Naomi:** Thank you for being honest with me, Hector. I really appreciate your honesty. Can I ask you for a favor? **Hector:** Sure. Anything you want. **Naomi:** Can you help me return these things? **Hector:** Absolutely.